

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Air Power
Quote of the Week

"Control of the air is essential to every major military operation."
— Orvil Anderson

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Photo by Elizabeth Rosborg

On the hunt

Tess Silknitter, daughter of Kathy and Capt. Kevin Silknitter, Specialized Undergraduate Pilot Training Class 02-07 graduate, participates in the Fourth Annual Family Day and Easter Egg Hunt Saturday. Hundreds of base people showed up to watch the parade, hunt eggs and play games. One egg was stuffed with a prize for each age group. The finders of the prize eggs were Ricardo Gomez, Nathaniel Taylor and Chantelle Cabala.



Don't forget to set your clocks forward one hour at 2 a.m. Sunday for daylight-saving time.

Border Eagle writer wins award

**By Senior Airman
Brad Pettit**

Editor

One of the Border Eagle's own earned an Air Force award for outstanding writing in journalism in the 2001 Air Force Media Awards March 29.

Airman Timothy J. Stein, Border Eagle staff writer and photographer, was named "Outstanding New Writer" for a series of articles submitted in January to

See 'Award,' page 4

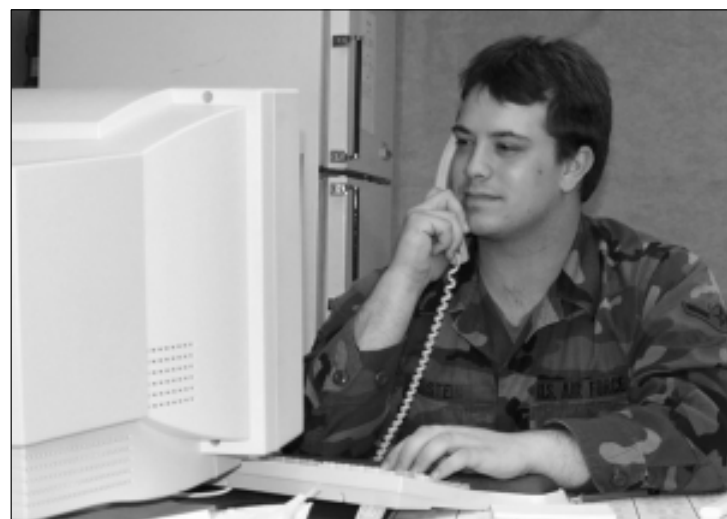


Photo by Senior Airman Brad Pettit

Airman Timothy J. Stein, Border Eagle staff writer and photographer, works on getting the base paper out Wednesday.

Youth center honors Laughlin child

Compiled from staff reports

The youth center recently selected a base family member as the Laughlin 2002 Boys and Girls Club Youth of the Year.

Akita Vaughan, 16, was selected for the honor after demonstrating superior leadership skills, exemplary character and outstanding service to the Boys and Girls Clubs of America.

Sponsored by The Reader's Digest Association and administered by Boys and Girls Clubs of America, the honor is extended to only the most exceptional club members.

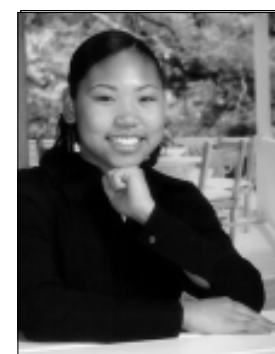
"As a one-year member of the Boys and Girls Club of Laughlin, Vaughan is a positive role model for today's young people," said Denise Booth, youth center director. "She has volunteered numerous hours with our school age summer camp program. She has given her time selflessly, volunteering almost

daily with field trips, art projects, reading to the younger children and leading in outdoor games."

Vaughan assisted the youth center staff in implementing various activities and projects.

"She is a dedicated student and has excelled in many areas of her studies," said Booth. "Both her peers and teachers admire this fine young lady for her dedication to her studies and future goals."

Vaughan said she appreciates everything everybody has done for her.



Vaughan

See 'Youth,' page 4

the inside
Scoop

Viewpoints:

The 47th Communications Squadron Commander discusses the importance of operations security.

Page 2

News:

Specialized Undergraduate Pilot Training Class 02-07 graduates in Anderson Hall ceremony today.

Page 6

Lifestyles:

Individual Mobilization Augmentees exemplify another way to serve in the Air Force and at Laughlin.

Page 11

Mission status:

(As of Tuesday)
Days ahead (+) or behind (-)

T-37	+2.8
T-1	-0.9
T-38	+4.7



Commanders' Corner

By **Maj. Anthony Zarbano**
47th Communications Squadron Commander

Operation security is always important

You are so excited. You have been planning this vacation to Europe for a year now. You can't wait to get on that plane and spend the next few weeks with friends and seeing the sights. It's a good time to get away – you've had a lot on your mind with preparing for a pending deployment or Air Expeditionary Force rotation, and you need to take a break from the mobility exercises, bag drags, firearm and chemical warfare training that has consumed your time.

You board the plane and find yourself sitting next to a friendly gentleman who is eager to hear about your trip abroad. Where are you heading, what will you see, who are you traveling with... the normal small

talk. He seems genuinely interested in what you do in the Air Force and is very excited about what the military is doing to protect and defend his freedom. You find yourself telling him details about your upcoming deployment, and it feels good to discuss it with someone who is not only appreciative of what you do, but also very excited about hearing the details of your training and pending deployment.

Do you stop to consider how much information you can give your new found friend?

Operations Security is an Air Force program designed to help you handle these types of situations. OPSEC is defined as: the process to deny potential adversaries informa-

tion about capabilities, and/or intentions by controlling and protecting generally unclassified information on military operations or sensitive activities. The OPSEC program is there to remind us all that sometimes a little info, pieced together in the right environment, may say much more than we would want it to say, and possibly to the wrong individual.

So why should you be concerned about OPSEC? Maybe you're not deploying on an operational mission, and you don't know the status of our nation's missile defense capability or where weapons are stored? There was a time, not long ago, that many people felt practicing good OPSEC

See 'OPSEC,' page 3

Top Three Talk

By **Master Sgt. David Doan**
47th Operations Support Squadron assistant chief controller



Air Force permits balanced way of life

The Air Force gives me a great sense of pride, accomplishment and, most of all, has helped make a man out of me. I have learned, sometimes the hard way, the many ways to do the right thing in the right way. The most important lesson I've learned is the importance of a balanced approach to life.

As an air traffic controller, I experience what I believe to be the most challenging enlisted career field. I have seen how close we are to the flying mission and its success or failure. I like the feeling I get when I know people's lives depend on me doing my job correctly to assure their safety. There is no prouder professional moment than when I am able to be part of our highly successful

Air Force mission.

Being in the Air Force gives you lots of opportunities and privileges, which I have taken advantage of. I have traveled the world and met many interesting people and friends along the way. The many foreign cultures I have experienced make me appreciate what I do for my country and what my country has done for me. From my remote tours in Korea, to my latest temporary duty in Croatia, I continue to enjoy the challenges that the Air Force presents.

After 16 years in the military, I can honestly say that my marriage of 12 years is stronger than ever – this is not as automatic as some might believe. My pride and joy are my two sons, ages 5 and 8. Although I have

the best job in the military, it will never compare to the satisfaction and challenges of fatherhood.

I hope to pass on the good values my dad taught me to make great men out of my sons: to always finish what they start, never give up, respect others, respect themselves, be honest, work hard and have love and faith in family and country. That is my recipe for making a good person. I take great pride in being a father, and I hope one day my sons will look at me with pride and respect like I do my father.

I also hope they will pass on all our tradition and moral values to their children as well. Until then, I will know I did my job right. For now, all I can do is love them and give them good direction.



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Commander

Capt. Dawnita Parkinson
Public affairs chief

2nd Lt. Jessica Miller
Internal information chief

Senior Airman Brad Pettit
Editor

Airman Timothy J. Stein
Staff writer

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to:
bradley.pettit@laughlin.af.mil
timothy.stein@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47th FTW motto

FPCON Bravo

Laughlin is currently in Force Protection Condition Bravo. All people should remain vigilant and report suspicious activity to security forces at 298-5100.

Mentoring can have lifelong impact

By Lt. Col. Vennessa Hagan

12th Medical Operation Squadron Commander

Today's airmen are tomorrow's _____. You fill in the blank.

In my career, I've seen young airmen grow and chose different paths in their career development. Some became noncommissioned officers and senior NCOs. Others accessed a variety of educational programs and became officers.

One airman I worked with earned two masters degrees and is now teaching in a university. I've witnessed others leaving the Air Force to work in a variety of civilian jobs. I recall an airman who "fell from grace" and wound up in military prison; I saw him claw his way back to become NCO of the year and win an Air Force level award.

What prompts airmen to enroll in school? What focuses the airmen to achieve greater things? What in the world could turn someone sent to military prison, 180 degrees to become an Air Force Level award winner? These airmen found mentors.

Some found mentors in their direct supervisors; many others found mentors long before the Air Force Instruction 36-3401, Air Force Mentoring, was published.

The goal of the AFI on mentoring is to "help each person reach his or her full potential, thereby enhancing the overall professionalism of the Air Force." I've seen this goal achieved – not just because the AFI was referenced, but because someone lived the core values and believed in an airman.

That "someone" was a senior NCO, a superintendent. This airman didn't like the job to which he was assigned in a neonatal intensive care unit. He didn't join the Air Force to watch babies die, and decided to march himself down to the superintendent's office and let him know, (in no uncertain terms) this job was not why he joined the Air Force. A transfer was in order.

Now the superintendent, wise in the ways of managing young airmen, did several things. First, he listened to the airman. Death is not something

most 18 year olds have much experience with. Second, he explained the importance of the airman's role in accomplishing the mission. Hitting the target, loading the ordnance, packing the chute, training the navigator and fixing the aircraft are much easier to accomplish when those workers know the best trained medical folks are taking care of their families.

After listening and explaining, he told the young airman to make a good faith effort at the job for six months. After that, the airman could see the superintendent to discuss a transfer.

Third, the superintendent's effort did not stop at the end of the that encounter. The superintendent regularly went to the airman's unit, as he made his rounds. He showed and checked on him regularly. Six months later, the superintendent approached the airman and asked if he still wanted that transfer. "Oh, no sir," the airman said. "Things are going real well now."

Fast forward several years...that airman is now a senior NCO...with a troop who lost a stripe and was just released from military prison. The "rehabilitated" airman spoke to the senior NCO, lamenting whether he'd be able to make anything of his life. The senior NCO did several things.

First, he listened to the airman. Second, he explained the incredible importance of the airman's role in accomplishing the mission.

The senior NCO said, "I'll demand much of you, but I know you'll be able to meet the challenge." Third, he checked on the airman regularly. Much was demanded... then much was freely given and this airman became the wing's NCO of the quarter and won an Air Force level award for his career field.

In this one example, the chief's mentoring clearly affected the personal and professional development of two generations of airmen. I encourage leaders at every level to keep in mind: your mentoring can make a lifelong impact on more than one Air Force generation.

'OPSEC,' from page 2

did not apply to them. Operations Security has taken on a much broader scope based on the recent attacks on our homeland. Our attitude toward protecting information has changed – it's now a bit more personal and needs to be incorporated into facets of our personal lives as well as our military careers. OPSEC has always stressed an awareness of indicators – indicators, which by themselves,

don't amount to much, but added together, they paint a picture that an adversary could use to exploit our country. How do you know what "indicators" or information about your job or your mission are critical? Every unit has a security manager who can help you figure this out. By knowing what information is critical to your unit and mission, you may be able to prevent a potential compromise.

So the next time that stranger strikes up a friendly conversation

with you about your job, or your life for that matter, remember:

■ Be situationally aware of what information you are providing, and to whom.

■ Ask yourself, is this information critical, or could it be detrimental to the security of my unit if it's pieced together with other information.

■ How might an adversary try and use this information to exploit our nation?

Be OPSEC minded... sometimes things are better left unsaid.

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.



Rick Rosborg
Col. Rick Rosborg
47th FTW Commander

Baby swings

Comment: I think it's great that you're paying attention to the playgrounds. But, with all the swings on base, there are no baby swings and there are a lot of babies. I'm sure babysitters would have them full most of the time if we had more of them instead of the bigger size swings. I would like to suggest that we get some baby swings.

Response: Thank you for the great idea. The housing flight immediately submitted an Air Force Form 332 to install toddler and infant swings in the playground areas, space permitting. In the interim, however, two baby swings will be purchased and installed. They will be located one each in the enlisted and officer playgrounds. As funds become available, we will install additional swings.

Airmanship

Intended to help all airmen articulate the Air Force's vision of aerospace power

What is tactical control?

Tactical control is a command authority given by the CINC to subordinate commanders that they in turn can delegate to even lower-echelon commanders. Tactical control is that level of control that allows commanders to direct and control generally smaller-sized units to accomplish a specific task or mission.

'Youth,' from page 1

"I am very grateful for my mentors at the youth center," said Vaughan. "Without asking, they have zealously worked with me to gain opportunities. They have assisted me in my quest for scholarships and search for prospects that may open doors for me, especially being named Laughlin Youth of the Year."

Vaughan will compete with other Air Force Boys and Girls Clubs Youth of the Year recipients.

"The Boys and Girls Club has played an integral role in the Laughlin community for five years, providing daily programs and services to hundreds of young people," said Denise Booth.

The youth center is open from 4:30 to 8:30 p.m. Monday through Thursday, from 4:30 p.m. to midnight Friday and 2 p.m. to midnight Saturday.

The youth center hosts a variety of programs for children ages 6 through 18, including sporting activities, field trips, special events, various projects and club and scholarship opportunities.

For youth center details, call 298-5343 or 4363.

'Award,' from page 1

Air Education and Training Command. The writings submitted were a variety of news, feature and sports articles written for the Border Eagle during 2001.

Airmen new to the Air Force journalism career field are eligible to submit writings in the category and are judged against other writers new to public affairs.

After winning at the AETC-level, his submissions were judged against the Outstanding New Writer winners from each Air Force command.

"I am shocked to have won," said Stein. "There are a lot of very good writers in the Air Force. I am happy to be counted among them."

To view the award-winning writings, log on to www.afnews.af.mil/internal/mediacontest/2001contest/index.htm. From there, click on "Print Winners," then click on "Outstanding New Writer."

Dogs to be let out at family day

Compiled from staff reports

A Laughlin K-9 family day is scheduled from 9 a.m. to 2 p.m. Saturday at the base picnic area near the FamCamp.

The event, open to all Laughlin people, will feature several events. A hunting dog seminar will be given by a local pro trainer of German short-haired pointers. Following this, the 4-H Club, Del Rio's fly ball team and the 47th Security Forces Squadron K-9 unit will put on demonstrations.

The K-9 field day events will also include a dog pull contest for base dogs to compete in, which will gauge a dog's ability to pull its owner along with walking. A pie-eating contest and dog races will also be offered, plus much more.

For more information, call 298-4754.

Advisory council to meet

The Health Consumers Advisory Council will meet at 1 p.m. today in the 47th Flying Training Wing conference room.

The HCAC is a forum for exchanging information between the providers and consumers of health care at Laughlin. All commanders and first sergeants are invited.

For details, call Mina Stover or Jeri Barnes at 298-6311.

Donations now accepted

The Airman's Attic is now taking donations. The Airman's Attic, opening in May, is a place where staff sergeants and below who cannot afford new uniforms can be referred by their first sergeants to pick up donated uniforms. In addition, furniture, baby items, housewares, furniture and small appliances are available for needy airmen.

If you have any good, serviceable uniforms or items you would like to donate to the Airmen's Attic, call Lynette Enyeart at 298-0195 or Juanita Wright at 298-1251 for donation pickup.

Scholarships available

This year's Officers' Spouses Club scholarships are now available. The OSC scholarship applications are available for dependent spouses, dependent high school seniors, postgraduate dependents and senior airmen and below active-duty military members. Completed applications must be turned in by April 16.

For more information, call 298-8843.

Newsline

Spouses club to meet

The Enlisted Spouses Club will host a meeting at 6:30 p.m. Tuesday in the Laughlin Teen Center.

For more information, call Lynette Enyeart at 298-0195 or Juanita Wright at 298-1251.

Veterans meeting planned

Tony Zamora, a Texas Veterans Land Board representative, will provide a free seminar from 2 to 4 p.m. April 15 in the Family Support Center conference room. He will discuss the home, land and home-improvement loans available through the TVLB for eligible Texas veterans.

To sign up, call the Family Support Center at 298-5620 by close of business April 12.

Transition seminar set

A transition assistance program seminar is scheduled from 7:30 a.m. to 4:30 p.m. April 16 in the family support center conference room for all separating and retiring active-duty members.

Topics covered include Veteran's Administration benefits, career assessment and planning, resume preparation and interviewing for success.

To sign up or for more information, call 298-5620 by close of business April 12.

Spouses club dinner set

The Officers' Spouses Club will hold a Silver Crystal Bingo dinner at 6:30 p.m. April 16 at Club XL. The dinner will be \$12 per person.

To R.S.V.P., call Jackie Oberdieck at 298-7201.

Proper storage important

More boats and trailers are being parked in the housing area instead of the recreation parking lot. Therefore, base people are reminded that they must store their boats and trailers in the recreation parking lot in order to comply with base regulations.

For details, call 298-5830.

Ball field needs name

The 47th Services Division is taking suggestions to rename Laughlin AFB Field 1. The ball field, located across the street from the Leaning Pine Golf Course, will bear the name selected.

To submit suggestions, call Denise Booth at 298-5343.

Lost items turned in

The 47th Security Forces Squadron investigations section has had numerous items turned in, such as keys and jewelry.

If you are missing any type of personal property, call Staff Sgt. Paul Bogumil at 298-5248 with a full description of the missing item.

Individual Mobilization Augmentee: *Another way for Air Force members to serve*

Compiled from staff reports

Ever heard of an IMA? You may be vaguely familiar with the term, something to do with the Air Force Reserve, but do you know what they do?

IMAs, short for individual mobilization augmentees, are part of Air Force Reserve, yet serve in a very different capacity than their counterparts assigned to Air Force Reserve Command units.

They make up one of the most flexible and cost-effective elements of the total force and are the closest Reserve link with the active force. They are usually assigned to active-duty units and function as a total force multiplier to augment the active force in war, contingency operations and peacetime. Like unit reservists, IMAs are the first-line back up for the active-duty Air Force, but more and more, they are fulfilling their share of deployments in peacetime as well.

Currently, there are 25 IMAs working at Laughlin. While most of IMAs here are working in the 47th Security Forces Squadron, there are four in the 47th Civil Engineering Squadron and one working in the 47th Medical Group.

One of the differences between IMAs and regular reservists is that IMAs get to set their own schedule.

They aren't held down by the one weekend a month, two weeks a year rule.

"It is nice that way," said Staff Sgt. Stacy Pierce, 47th Security Forces Squadron desk sergeant. "You get to make your own schedule. You get to choose what weekends you can work. It makes it easier on your [civilian] job. As long as you get all your time in, everything is okay."

Pierce, an IMA from the Houston area, has been at Laughlin since he got called to active duty in September. He served nine years of active duty before becoming an IMA.

"More people would sign up for the IMA program [after they retire from active duty] if they knew about the program," he said. "The flexibility is what makes the program so good."

The IMA program began in the late 1940s and grew out of the Army Air Forces' first attempts to train individual reservists in the period between World War II and the Korean War. The AAF leaders felt the need to maintain a large pool of trained personnel, which could be called upon in the event of a war or national emergency.

In July 1946, the AAF plan for training both reserve units and individual reservists was approved. Several years later, the Air Force chief of staff directed all major command



Photo by Airman Timothy J. Stein

Staff Sgt. Stacy Pierce, 47th Security Forces Squadron desk sergeant, checks to make sure people have permission to enter the base. Pierce is one of 25 IMAs currently working at Laughlin.

missions to incorporate specific Reserve training responsibilities, and the Air Staff published a directive on the assignment, administration and training of individual reservists at active-duty bases, thus the IMA program was born.

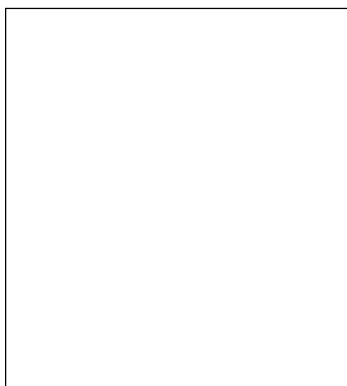
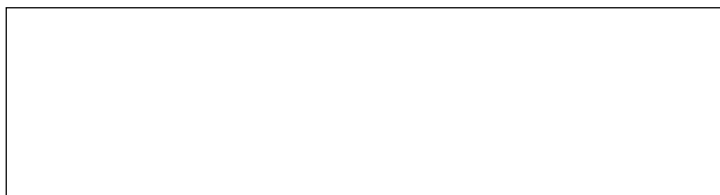
There are three ways to request information on how to become an IMA:

- Call the Air Reserve Personnel

Center in Denver at (800) 525-0102 and ask for the assignment opportunity system.

- Click on the Air Force Reserve Command ARPC homepage and view the current job or program vacancies.

- Call the major command you are interested in working for and ask for the IMA program manager to see what is available in that program.



Chapel Schedule



Catholic

Saturday 5 p.m., Mass
Sunday • 9:30 a.m., Mass
 • 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall
Thursday 6 p.m., Choir
Tuesday-Friday • 12:05 p.m., Mass
 • 12:05 p.m. and 7 p.m., Holy Days of Obligation
Reconciliation Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment
Religious Education/Bible Study 11 a.m. and noon Sunday

Jewish

Call Max Stool at 775-4519

Muslim

Call Dr. Mostafa Salama at 768-9200

Nondenominational

Friday 7 p.m., Unity in Community Services

Protestant

Sunday 11 a.m., General worship
Wednesday • 12:30-2:15 p.m. and 6 to 7 p.m., Women's Bible Study at chapel
 • 6 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

The *XLer*

Hometown:

Newport, R.I.

Family:

Husband, Timothy; son, Sylas, 14

Time at Laughlin:

9 months

Name one way to improve life at

Laughlin: More

activities for teens

Greatest accomplishment:

Becoming assistant manager of a major retail chain

Hobbies:

Cooking

Bad habit:

Talking on the phone

Favorite film:

Gone With the Wind

Favorite musician:

Elton John

If you could spend one hour with any person, who would it be and why?

Princess Diana because I admire the way she touched peoples' lives



Photo by Senior Airman Brad Pettit

Diana Adkins

Laughlin volunteer

What can your commander or supervisor do to help with retention decisions?



Airman 1st Class Evelyn Funchess
47th Flying Training Wing information manager

By showing great leadership skills.



Staff Sgt. Elizabeth Smith
47th Flying Training Wing protocol NCO

Keep me informed of the military benefits available.



Staff Sgt. Marcel Brown
47th Flying Training Wing Legal office claims section NCOIC

Continue providing essential information from the Air Force.



Laughlin Salutes

Military education

Air Base Ground Defense
top graduate

♦ 2nd Lt. Sarah Bragg, 47th
Security Forces Squadron

Noncommissioned Officer
Academy graduate

♦ Tech Sgt. Thurman Rials,
47th Security Forces
Squadron

Airman Leadership

School Leadership Award

♦ Senior Airman Jessica
Summerlin, 47th Security
Forces Squadron

Airman Leadership
School graduate

♦ Senior Airman Darrell
Goff, 47th Security Forces
Squadron

Thinking about
getting out?
Think again!

Call Master Sgt. Jimmie
Davis, 47th Flying
Training Wing career
assistance adviser, at
298-5456 for guidance.

Tax assistance still available

By Janice Bush

Laughlin tax program manager

With just one week left, there is still time to file your 2001 income tax return on time. The Laughlin tax center is staffed with legal personnel and volunteer income tax assistance representatives who are located in the various squadrons throughout the base.

Taxpayers who need more time to complete their returns will find it easy to extend their filing deadline. Automatic four-month extensions are available by phone, computer or Form 4868, and must be sent in by the normal filing deadline. The normal deadline for filing your tax return is April 15.

An extension of time to file a return does not give you more time to pay any taxes owed. A taxpayer may choose to pay any projected balance due when requesting an extension. Even without a payment, one can still get the extension.

Members of the U.S. Armed Forces serving in the combat zone will not have to file 2001 federal income tax returns until at least 180 days after they leave the combat zone area. In addition, no penalties will be added if there is a tax due.

The IRS has opened its toll-free phone line for extensions. The number is (888) 796-1074. Taxpayers may use Form 4868, "Application for Automatic Extension of Time to File U.S. Individual Income Tax Return," as a worksheet to prepare for the call. You can get this form from the base tax center or download it off of the internet at www.irs.gov.

For more information, call Janice Bush at 298-4858. The tax center is located on the second floor of the wing headquarters building.

Sportslines

Contest winner announced

Christy Jackson, Laughlin family member, was named the winner of the "Name the Paintball Field" contest and winner of a new Tippman '98 custom paintball gun.

The name Splat Zone was chosen from multiple entries submitted to outdoor recreation.

The paintball field is open from 9 a.m. to 5 p.m. Saturdays.

For more information, call 298-5830.

Tee ball opening ceremonies set

Opening ceremonies for the tee ball season will be held at 5 p.m. today at the ball field by the Leaning Pine Golf Course.

For more information, call Denise Booth at 298-5343.

Bowling standings

Team	Points	Team	Points
Boeing	122-86	Services	108-100
OSS	121-87	CE	94-114
DeCA	118-90	Commtracting	84-124
FTW	112-96	SFS	73-135

Basketball playoffs

Round 3

87th Talons 72

8 p.m. Monday
loser to game A

47th CES 62

Losers Bracket

47th SFS 52

7 p.m. Monday

LCSAM 45

Round 4

87th Talons

Championship

7 p.m. Wednesday

If winner of game A
wins, a tie breaking
game will be played
8:30 p.m. April 8

47th CES 69

A

7 p.m. Tuesday

47th SFS 67

47th CES

April is Alcohol Awareness Month

Since the events of September 11, we have all been required to take on extra duties, whether it be the military member working harder and longer, the spouse who must shoulder more of the burdens in the family or the children who miss their parents.

April is Alcohol Awareness Month, and while drinking is not problematic on its own, irresponsible alcohol consumption may be.

Nearly 14 million Americans abuse alcohol or are alcoholics. The United States spends an estimated \$100 billion annually on alcohol abuse prevention, criminal acts, insurance premiums, and treatment costs for alcohol-related health problems.

Alcohol abuse is manifested by recurrent behav-

ioral problems that are directly related to drinking. These problems include driving while intoxicated or other legal problems, poor job performance and problems in relationships.

Alcohol dependence is more severe and usually takes years of heavy drinking to develop. Characteristics of alcohol dependency are intense cravings, feelings of losing control, withdrawal symptoms when alcohol is not in the system for extended periods of time (hours/days) and an increased tolerance to the effects of alcohol.

Despite the stigma that getting help means destroying careers, the vast majority of individuals seeking help find they actually save their

careers and lives. Individuals on the Personnel Reliability Program are invariably returned to their duties and find they are more effective at performing their job.

Alcohol abuse and dependence are treatable disorders. The consequences of not dealing with the disorder can prove fatal to the individual with it, and to those around him or her. The ADAPT program at the life skills clinic provides assessment and treatment to all active-duty people, adult dependents, and initial evaluations and treatment recommendations to civilian employees.

For more information, call the life skills clinic at 298-6422.

(Courtesy of Life Skills
Clinic staff)

Spring is season to get in shape

By Kat Barrett

Health and wellness center volunteer

Let's face it – spring is here. For most of us, this means we will be wearing sleeveless shirts and swimsuits. But instead of heading into hiding, here's some advice that should simplify your wellness lifestyle and prevent you from feeling self-conscious.

■ **Eat healthy.** Instead of dieting and starving yourself, eat four to six moderate-sized meals per day (including snacks). Add a meal such as baked chicken, grilled fish, mashed potatoes and vegetables.

■ **Make better bad choices.** The trick to eating junk food is to make it not as bad for our bodies as it potentially can be. Try pretzels versus peanuts and baked chips instead of french fries. Also, try switching fattening dairy products such as 2 percent milk to skim milk. Reduce juice and soda in your diet in exchange for water.

■ **Pack a lunch.** Always have food such as a tuna sandwich, fruit or granola bar with you because as soon as you get hungry you may end up eating foods you are trying to avoid.

■ **Use sunscreen.** Use at least SPF 15 and apply 30 minutes prior to exposure. Sunscreen helps prevent premature aging, can-

cers of the skin and blocks some of the sun's damaging ultraviolet rays. The most effective protection from the sun is limiting exposure. You can do this by exercising early in the morning or late in the afternoon and by wearing tightly-woven clothes that keep the sun from reaching your skin. Zinc oxide completely blocks the sun and is good for areas that you can't wear clothes such as the nose and lips.

■ **Explore.** A number of base organizations provide fitness opportunities that are fun and work up a sweat. The XL Fitness Center offers classes in cardio-kickboxing, circuit training, step aerobics and power yoga. The Fiesta Community Center offers nontraditional fitness classes in ballet for sculpting, bellydance, fat-burning yoga and kudalini yoga. The Friendship Pool offers water aerobics. The health and wellness center offers a prenatal fitness class for expectant moms.

■ **Make a plan.** The fitness center and the health and wellness center have a personal trainer waiting to assist you in your health and fitness needs.

For more information on fitness options, call 298-7492.